



DECEMBER 2010

MONTHLY SCHEDULE & NEWS FOR CITY OF DULUTH SENIOR RECREATION SITES

City of Duluth Department of Public Administration
Parks & Recreation Division
12 East 4th Street • Duluth, MN 55805 • 218.730.4310



EVERGREEN

5830 Grand Avenue • 723.3663

WEEKDAYS 11:30 Senior Dining Meal

MONDAY 12:00 Hand & Foot
1:00 Cribbage

TUESDAY 12:15 500

WEDNESDAY 12:15 Bridge & Crafts

THURSDAY 12:30 Bingo

FRIDAY 12:15 500
1:00 Cribbage

Thursday **December 2**
11:30 Senior Birthday Party/Cake

Tuesday **December 7**
1-5 PM AARP Defensive Driving Refresher Course
(Call 730.4319 to register)

Friday **December 10**
10:00 Senior Meeting

Saturday **December 11**
10:30 AM Evergreen Senior Holiday Party
Tickets or info - call Judy at 624.4735

Monday-Tuesday **December 13-14**
1-5 PM AARP Defensive Driving Class
1st Time Class (8 hours total - both days required)
Call 730.4319

Wednesday **December 17**
3 PM USS Retiree Meeting

Monday **December 20**
11:30 Post Polio

Thursday-Friday **December 23-24**
Center closed for
Christmas Day Holiday

Friday **December 31**
CENTER OPEN
New Year's Eve Holiday



**MORGAN PARK,
& PORTMAN
CENTERS
listed on back.**

SENIOR ACTIVITY SCHEDULE "At A Glance"

Weekly, unless otherwise indicated.

BINGO

Monday
12:30 - Portman

Wednesday
12:30 - Morgan Park
1:00 - Rainbow

Thursday
12:30 - Evergreen
12:30 - Lincoln Park

Friday
1:00 - Rainbow

FOOT CARE (Fee Applies)

Wednesday, December 15
9:00 - Portman
Walk-in appointments

BLOOD PRESSURE

Wednesday, December 1
11:00 - Lincoln Park

Monday, December 13
11-11:30 - Portman

Wednesday,
December 29
11:30 - Rainbow



WHAT DO YOU GET IF SANTA COMES DOWN YOUR
CHIMNEY WHEN IT'S ABLAZE? **Crisp Kringle**

MORGAN PARK

1242 88th Avenue West • 626.4522

WEEKDAYS 10:00 Open Recreation
11:30 Senior Dining Meal

MONDAY 10:00 Bone Builders
12:30 500

TUESDAY 10:30 Quilting

WEDNESDAY 9:30 TOPS
10:00 Bone Builders
12:30 Bingo

THURSDAY 12:30 Cribbage

FRIDAY 10:00 Bone Builders
12:15 Bridge

Wednesday **December 1**
11:00 Senior Meeting

Tuesday **December 21**
12:30 Holiday Party
- Bring treat to share

Wednesday **December 17**
12:30 Regular Bingo
and Special Bingo!

Thursday-Friday **December 23-24**
Center closed for
Christmas Day Holiday

Friday **December 31**
11:00 Noon Year's Eve Party!!

OUTSIDE A FITNESS CENTER: *Only 24 shaping days until Christmas!*

OUTSIDE A CHURCH: *The original Christmas Club!*

OUTSIDE A BRIDAL BOUTIQUE: *Marry Christmas!*



PORTMAN

4601 McCulloch Street • 525.0838

WEEKDAYS 11:30 Sr Dining Meal

MONDAY 12:30 Bingo
3:00 Line Dancing

TUESDAY 9:00 Exercise
12:00 Bridge

THURSDAY 9:00 Exercise

Friday **December 3**
1-5 PM AARP Defensive
Driving Refresher Class
(Call 730.4319 to register)

Monday **December 6**
12:00 - Senior Meeting

Friday **December 10**
12:30 Holiday Party

Monday **December 13**
11-11:30 Blood Pressure

Wednesday **December 15**
9:00 Foot Care
Walk-in appointments

Monday **December 20**
12:30 - Birthday Bingo
Free bingo card with
purchase for November
birthday!

Thursday-Friday **December 23-24**
Center closed for
Christmas Day Holiday

Friday **December 31**
CENTER OPEN



Call 218.727.4321
for more info on the
SENIOR DINING PROGRAM
sponsored by AEOA
at these sites:

DULUTH HEIGHTS HOLY CROSS CHURCH
410 North Arlington Avenue • 722.6022

EVERGREEN SENIOR CENTER
5830 Grand Avenue • 723.3663

LINCOLN PARK COMMUNITY CENTER
2014 West Third Street • 722.4107

MORGAN PARK COMMUNITY REC CENTER
1242 88th Avenue West • 626.4522

PORTMAN COMMUNITY REC CENTER
4601 McCulloch Street • 525.0838

RAINBOW COMMUNITY CENTER
211 N 3rd Ave E • 727.8147

WOODLAND GARDENS APARTMENTS
127 Calvary Road • 724.2989

RAINBOW CENTER

211 North 3rd Avenue East • 727.8147 (Cathie McGovern)



**SPECIAL
EVENTS**
December 2010



Monday-Friday	December 1-23	HOLIDAY CAROLERS FROM VARIOUS SCHOOLS 11:30 AM
Thursday	December 2	MAC & NAPS Commodities 10 am - 2 pm
Friday	December 3	BIRTHDAY BINGO 1 PM
Monday	December 6	CHRISTMAS TREE TRIMMING PARTY (Music & Treats - Free) 1 PM
Tuesday	December 7	MOVIE (Audience Choice) 12:30 PM
Wednesday	December 8	CRAFT, BAKE SALE & OPEN MARKET (Christmas Specials) 8:30 AM
Friday	December 10	HOLIDAY BINGO (Cornish Hens) 1 PM
Monday	December 13	RAINBOW ADVISORY BOARD MEETING 9:30 AM WINTER DECORATION SEMINAR 2PM
Tuesday	December 14	MOVIE (Audience Choice) 12:30 PM TWIN PORTS COIN CLUB MEETING 6 PM
Wednesday	December 15	CRAFT, BAKE SALE & OPEN MARKET 8:30 AM AARP DRIVERS REFRESHER COURSE 9 AM
Monday	December 20	COLD & FLU PREVENTION (McKenzie Burmeister, MD) 2 PM
Tuesday	December 21	MOVIE (Audience Choice) 12:30 PM
Wednesday	December 22	CRAFT, BAKE SALE & OPEN MARKET 8:30 AM
Thursday-Friday	December 23-24	CLOSED FOR CHRISTMAS HOLIDAY
Tuesday	December 28	MOVIE (Audience Choice) 12:30 PM
Wednesday	December 29	HEALTH & WELLNESS BLOOD PRESSURE CHECKS 11:30 AM
Friday	December 31	CENTER OPEN FOR SENIOR DINING MEAL ONLY 11:30-12:30 (CENTER THEN CLOSED FOR NEW YEAR'S EVE HOLIDAY)

OUTSIDE A TOY STORE: "Ho Ho Ho" spoken here!!

IN A STATIONERY STORE: For the man who has everything....a calendar to remind him when payments are due!

WEEKLY ACTIVITIES

WEEKDAYS 11:30-12:30 Senior Dining Meal
7:30-3 Computer Room Open
\$3 for a monthly computer card
*Eight computers are currently available
in the newly remodeled computer room!
Check it out!!!*

MONDAYS

12:30 Water Color & Drawing
12:45 Cards
Judi's Exercise Class
2:00 Educational Lecture &
Ice Cream Parlor



TUES	9-6	Ceramics (8-6 on 2nd Tues)
	1:00	Knit, Crochet, & Handwork
	3:00	Tai-chi
	6:00	Coin Club (2nd Tues)
WED	8:30 - 3	Ceramics
	1:00	Bingo
THURS	9 - 3	Open Art Class
	All Day	Open Recreation
	10:00	Naps (1st Thursday)
		Chair Yoga
FRI	9 - 3	Open Art Class
	10:00	Chair Yoga
	1:00	Bingo

LINCOLN PARK CENTER

2014 West 3rd Street • 722.4107 (Carol Kari)

SPECIAL EVENTS



Wednesday	December 1	BLOOD PRESSURE CHECKS 10:30 -11:30 AM
Thursday	December 2	NAPS 12-1:00 PM
Tuesday	December 7	WOMEN'S HOCKEY OLYMPIC MEDALISTS MEET & GREET 12:30-1:30 PM
Friday	December 10	FINNISH LANGUAGE & CULTURE CLASS 10:30-11:30 AM <i>Call Julie at 522.0163 for info</i>
Tuesday	December 14	ADVISORY COMMITTEE MEETING 9 AM
Wednesday	December 15	4 YOUR HEALTH PRESENTATION ON "WEIGHT MANAGEMENT" 2:30 PM
Friday	December 17	FINNISH LANGUAGE & CULTURE CLASS 10:30-11:30 AM
Monday	December 20	AARP DRIVERS SAFETY PROGRAM REFRESHER COURSE 1 - 5 PM <i>Call 722.4107 between 9-1 to register.</i>
Thursday	December 23	CHRISTMAS BINGO! 12:30 PM NO SENIOR DINING DUE TO CHRISTMAS DAY HOLIDAY
Friday	December 24	NO SENIOR DINING/CENTER CLOSED DUE TO CHRISTMAS DAY HOLIDAY??
Friday	December 31	CENTER OPEN FOR SENIOR DINING PROGRAM

WEEKLY ACTIVITIES - December 2010

WEEKDAYS	11:30 -12:00	SENIOR DINING MEAL
	8:00-3:00	COMPUTERS AVAILABLE FOR USE - \$3 monthly fee (Tue-Fri only....Monday afternoon is a Community Ed Computer Class)
	10:30 - 1:30	HOT CHOCOLATE WITH WHIPPING CREAM - \$1 ICE CREAM SUNDAES & ROOT BEER FLOATS - \$2
MONDAY	9:30 - 10:30	EASY CHAIR EXERCISES & BALLOON TOSS WITH CAROL
	12:30-2:30	COMMUNITY EDUCATION COMPUTER CLASSES with instructor Ron Meyer. Call 728.7463 or 218.336.8708 to register, or for more information.
TUESDAY	9:30 - 3:00	CERAMICS
	10:00 - 2:00	"MORNING OUT" - WEST <i>Call Peg Kirsh Lee of Lutheran Social Services at 724.0648 for more information on this program that gives caregivers a break.</i>
WEDNESDAY	9:30 - 10:30	EASY CHAIR EXERCISES & BALLOON TOSS WITH CAROL
	10:00 - 2:00	PAINTING
THURSDAY	12:30-2:30	BINGO (Midtowne II Dining Room)
FRIDAY	12:30 - 3:00	CRIBBAGE (Midtowne II Dining Room)
	9:30 - 10:30	CAROL'S EASY CHAIR EXERCISES & BALLOON TOSS

Christmas is the keeping place for memories of our innocence.



HOLIDAY BANQUET AND BENTLEYVILLE TOUR OF LIGHTS



Tuesday, December 14, 2010 • 5:00 PM
Harbor Side Ballroom (DECC)

**Tickets
\$15**

Limited number on sale at Duluth Senior Centers



Cost includes bus transportation to the DECC, a delicious turkey dinner with all the trimmings, musical entertainment by Denfeld Solid Gold show choir, a holiday sing along, and a tour of the Bentleyville lights (replaces the former bus tour of lights).

Walk outdoors through Bentleyville in Bayfront Festival Park....
or enjoy Bentleyville indoors at the DECC on a "Video Picture Tour" projected on-screen!!
("Video Picture Tour", with musical accompaniment, by photographer Dennis O'Hara.)

TICKETS AVAILABLE NOVEMBER 8 thru DECEMBER 6 (or earlier, if sold out) at:

Evergreen Senior Center (5801 Grand Av.): Thursdays, 12:30-3 pm
Morgan Park Community Rec Center (1242 88th Av. W.): Wednesdays, 10 am-2 pm
Portman Community Rec Center (4601 McCulloch St.): Mondays, 10 am-2 pm
Central Hillside Community Rec Center (12 E. 4th St.): Mon-Thur, 8:30 am-3:30 pm

*Sponsored by the
City of Duluth
Parks & Recreation Division
Senior Recreation Program
with support from the
AEOA Senior Dining Program*

**Call 218.390.4971
or 218.730.4306
for more information.**



PORTMAN

SENIOR HOLIDAY CELEBRATION



ENTERTAINMENT

CHRISTMAS STORY READING

DOOR PRIZES

FREE "HAM BINGO"

REFRESHMENTS

FUN, FUN...and MORE FUN!!!

If eating lunch at the
AEOA Senior Dining Program,
reservations are due
by noon of Wednesday, Dec 8th.
Call 218.525.0838 to sign up!

Friday • December 10, 2010

11:30 AM - Lunch

Portman
Community Rec Center

4601 McCulloch Street



For more
information on the party,
call 218.390.4971

"I will honor Christmas in my heart,
and try to keep it all the year."
Charles Dickens



MORGAN PARK

SENIOR HOLIDAY CELEBRATION



ENTERTAINMENT

SING ALONG • DOOR PRIZES

SPECIAL GUEST APPEARANCE!!

Everyone is encouraged to bring their favorite sweet treat to share!
(Either homemade or from the store)

If eating lunch at the AEOA Senior Dining Program,
reservations are due by noon of Friday, Dec 17th.
Call 218.626.4522 to sign up!



Tuesday • December 21, 2010

11:30 AM - Lunch

12:30 PM - Party Starts!

Morgan Park
Community Recreation Center

1242 88th Avenue West

For more information on the party, call 218.390.4971

"I will honor Christmas in my heart, and
try to keep it all the year." Charles Dickens